



## TJ Ridley, MD

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### Patella/Trochlea Cartilage Preservation (Microfracture, OCA, OATs, MACI) Rehab Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-2 weeks)</b> Goals: <ul style="list-style-type: none"> <li>No quad lag</li> <li>Adequate hamstring control</li> </ul>	<ul style="list-style-type: none"> <li>Weight bearing as tolerated with brace locked in extension x2 weeks</li> <li>Sleep in brace x 2 weeks</li> <li>Brace set 0-90</li> </ul>	<ul style="list-style-type: none"> <li>0-90 deg A/PROM x 3 weeks</li> <li>No patellar mobilization x 4 weeks</li> <li>Modalities PRN               <ul style="list-style-type: none"> <li>Begin KneeHab</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Wall slides, heel slides to 45 deg flex</li> <li>Quad activation, SLR, quad series</li> <li>Extension mobilization</li> <li>Sit &amp; reach for hamstring stretch w/ towel</li> <li>Ankle pumps</li> <li>Side-lying hip and core</li> </ul>
<b>Phase 2 (3-6 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Moderate proprioception</li> <li>Gradually increase ROM</li> </ul>	<ul style="list-style-type: none"> <li>WBAT with brace</li> <li>Brace daytime use only</li> <li>Brace set 0-120</li> </ul>	<ul style="list-style-type: none"> <li>Advance to full A/PROM as tolerated at 4 weeks</li> <li>Patellar Mobilization at 4 weeks</li> <li>Modalities PRN</li> </ul>	<ul style="list-style-type: none"> <li>Continue as above</li> <li>BFR – may initiate post op day 15</li> <li>Can begin hamstring sets</li> <li>Toe &amp; heel raises</li> </ul>
<b>Phase 3 (7-10 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Full ROM</li> <li>Avoid post activity swelling</li> </ul>	<ul style="list-style-type: none"> <li>D/C hinged brace</li> <li>Full weight bearing</li> <li>No impact activities until 12 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>Begin mini squats and progress as tolerated</li> <li>Begin elliptical with minimal resistance</li> <li>Begin stationary bike with no resistance once 120 deg flexion obtained</li> <li>Aquajogging</li> <li>Reverse lunges</li> </ul>
<b>Phase 4 (11-16 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Begin walk-run program</li> <li>Post activity soreness limited to 24 hours</li> <li>No pain with impact activities</li> </ul>	<ul style="list-style-type: none"> <li>FWB</li> </ul>	<ul style="list-style-type: none"> <li>Maintain full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>Can begin rowing</li> <li>Begin walk-run program at 12 weeks</li> <li>Leg press, single leg dead lift, balance squats</li> <li>Begin light plyometric training at 14 weeks</li> </ul>
<b>Phase 5 (17+ weeks)</b> Goals: <ul style="list-style-type: none"> <li>Begin sport specific activities</li> <li>No post activity swelling</li> </ul>	<ul style="list-style-type: none"> <li>FWB</li> </ul>	<ul style="list-style-type: none"> <li>Full</li> </ul>	<ul style="list-style-type: none"> <li>Return to sport progression if no swelling or pain with impact</li> <li>Return to play formal evaluation by therapist</li> <li>Return to full sport when cleared by Dr. Ridley               <ul style="list-style-type: none"> <li>5-7 months based on sport and symmetric strength/balance</li> </ul> </li> </ul>

